

# Are Saying About Ingo Logé, Fitness Forever and His Amazing Eat, Move And Be Healthy Programs:

## **“Certain People Make A Big Impact”**

Thank You" for playing a HUGE roll in who I will become moving forward. Both professionally and personally you have given me the chance to meet challenges and achieve goals I would not have been able to do without your help.

Thank You from the bottom of my heart for all you have done for me!

**Steve Pufpaf**

Director of Marketing, Anaheim Marriott

## **“I Would Have Loved To Take A Longer Course”**

There is so much more to learn, we should have dedicated a full day seminar to this!

**Paula Safran-Addington**

Catering and Destinations

Desert Springs JW Marriott

## **"I Believe I Could Never Have Accomplished This Life Change”**

Without The Coaching From Ingo

**Nancy Leonard**

Regional Director of Marketing, Marriott Western Region

## **"You Really Made a Big Impact On Us"**

I just wanted to let you know how much I enjoyed meeting you and all of the information you shared.

**Dana Ohmann**

Senior Account Executive

Western Region Market Sales-Group Team

## **"I Take Your Tips to Heart"**

**Thank you, thank you for all you do and have done!**

**Terry A. Bell, CMP**

Senior Account Executive

Marriott, Renaissance, JW Hotels and Resorts

## **“Wish We Had More Time!”**

**Farzana Chambers**

Desert Springs JW Marriott

## **“I Really Enjoyed The Presentation”**

Grocery store tour, and exercise class. It was very interactive and that was awesome!

**Suzette Hendrickson**

Desert Springs JW Marriott

## **“This Program Changed My Life!”**

**Lisa Lopez**

Senior Account Executive

Western Region Market Sales-Group Team

***I Challenge You To Claim Your New Life Now!"***

*In this life-changing program, with the help and guidance of the most up to date information in the fields of health, fitness, nutrition and longevity, you and your team will discover the most effective and sure-fire solutions you can use right now to.. Change Your lives Forever!*

## “How To Eat Move and Be Healthy”...

### 7 Steps To Your Own Extreme Wellness Makeover!

**Webster’s Dictionary defines Wellness as,** “a state in which a human being functions at an optimal level of integration between the elements for the body, mind, and spirit. The well individual is one who is happy, healthy, and whole , and who perceives his/her life as one with meaning and purpose”. **If you're confused, like most people I speak with,** by the fitness gadgets, diets, pre-packaged meal plans, health club offerings, the carbohydrate 'thing', low and high glycemic foods, how much protein, which vitamins, and on and on...you won't be anymore! IT is a fact that...

**No hotel staff, resort or person for that matter wants to be described as unhealthy,** unhappy, or just plain average! Average is just ok, it’s not great and it’s not awful. That’s why “average” is dangerous. **Average is the enemy of excellence in any organization.** When being “average” becomes acceptable, Incredible is impossible. You will only be Incredible if you start to address the ways you respond to **what you eat, when you eat it, Personal exercise or lack thereof, The elusive good nights sleep, Toxins, Your digestive and colon health, and overall life stressors.** Why? Because it varies from person to person just like our individual fingerprints. In our **7 Steps To Your Own Extreme Wellness Makeover** we will identify your bodies’ individual needs and teach you how to address issues that may be preventing you from looking and feeling “Incredible”!

**If you are not waking up refreshed** and fueled for your day, you may be coming to work as a glazed over, bland, boring, indifferent, mundane team member and that can be **aggravating to guests who are paying sometimes very high prices for a room in your hotel.** The main problem with this type of attitude in most hotels and resorts, is that it is very contagious. One employee delivers “mundane and boring service and it spreads like a cancer. Unless there are those exceptional employees who are able to resist the inertia of “boring”, the whole department easily becomes “infected”... and affected!

### My “7 Steps To Your Own Extreme Wellness Makeover

programs are **engaging and career altering.** You will learn to create the powerful momentum necessary for **real** health and lifestyle breakthroughs. The **7 Steps To Your Own Extreme Wellness Makeover Questionnaires** have been specifically chosen because they are the key steps necessary to teach you the foundational principles of wellness. You will leave our event **armed with tools, tactics and techniques** for quickly reclaiming your body, eliminating pain, getting control over your nutrition, boosting your energy, speeding up your metabolism, improving your sleep and digestion, and so much more. One more thing... You and Your team will be given special passwords and your own website login this way they can easily access all the info, instructions, registration and questionnaires for the event. !

All **“How To Eat Move and Be Healthy”** programs focus on **key interactions** that are **memorable** and include **entertaining** and **valuable health building** and extensive “hands on” exercises (Like our *Organic Fear Factor Table, Supermarket Secrets Revealed, Supermarket Tours, The Super 7 Fit-Moves Workout routine, the fastest and most effective 20 minute exercise routine ever.*) These activities, plus our **Extreme Wellness Makeover Questionnaires** will help your team put the principles of the **“How To Eat Move and Be Healthy”** program into practice immediately.

### “How To Eat Move and Be Healthy”... 7 Steps To Your Own Extreme Wellness Makeover!

#### PROGRAMS CAN BE PERSONALIZED FOR THE FOLLOWING DEPARTMENTS:

You may include employees from all departments in one class, or if you prefer, We can do it by departments!

“How To Eat, Move and Be Healthy” For Executive and Managerial Teams ,  
For Front Office Hospitality , For Operators , For Banquets and Catering Teams  
For Exceptional Room Service, For Your Spa and Fitness Teams,